



## ***Parent Challenges***

CAREGIVER #1:

One thing I didn't prepare for...

CAREGIVER #2:

...after my daughter left for college...

CAREGIVER #3:

...you know, I was sad after he left.

CAREGIVER #2:

We haven't been apart since she was born.

CAREGIVER #3:

But even while he was gone we stayed connected.

CAREGIVER #1:

Lots of texts.

CAREGIVER #2:

I called her once a week.

CAREGIVER #4:

Once a day.

CAREGIVER #3:

Five to six times a day. He needs his mother!

CAREGIVER #5:

And bit by bit it got easier.

CAREGIVER #1:

I was able to relax.

CAREGIVER #2:

I trusted her to be on her own.

NARRATOR:

While all the attention is on your child as they prepare for college, you may be asking yourself, "Am I ready?"

Though you're proud, many parents experience sadness. And worry.

The sense of loss can be overwhelming. You're not sure how you'll handle their journey into independence. You may even wonder how you will do without them.

These are very natural emotions, but there are ways to make their leaving easier. First, use technology. Cell phones and email are great ways to connect with your child.

Get to know more about your child's college. When they offer parent orientation sessions, go! So when your child does return your phone call and is clearly nervous or upset about a class or a poor grade, you can act as a coach – not a problem-solver. It's a chance for you to encourage them to take charge of their own college experience.

You are still likely to feel anxious, vulnerable and lonely at times. But know that it's not your child's job to make this transition easier for you. You need to let them go, and seek support for yourself in new ways. Talk with other caregivers who have sent kids to college, or your local high school counselor, community health professionals, or trusted friends and family.

Take time to adjust. Realize it won't happen overnight. And take comfort in knowing that even though college may take your child out of your home, your place in their heart is permanent.

#### Find a College

[ndus.edu](http://ndus.edu)

[nd-can.com](http://nd-can.com)

[aihec.org](http://aihec.org)

[college.gov](http://college.gov)

#### Pay for College

[fafsa.gov](http://fafsa.gov)

[nd-can.com](http://nd-can.com)

[studentaid.ed.gov](http://studentaid.ed.gov)

#### Prepare for College

[nd-can.com](http://nd-can.com)

[actstudent.org](http://actstudent.org)

[collegeboard.org](http://collegeboard.org)

For more information, call 1.800.554.2717.

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